

**CITY OF MENASHA
COMMITTEE ON AGING
Menasha Senior Center
116 Main Street, Menasha
May 12, 2016
Minutes**

- A. Meeting called to order at 7:50 am.
- B. Roll Call - Present: Janell Dresang, Pat Irwin, Joyce Klundt, Brenda Marks, Nancy McKenney, Jean Wollerman, Tom Stoffel Absent: John Ruck Guest: Vicki Schultz
- C. MINUTES TO APPROVE
Tom Stoffel moved to approve the April 14, 2016 minutes, seconded by Brenda Marks. Motion passed.
- D. CORRESPONDENCE
None
- E. NEW BUSINESS
The Committee on Aging welcomed new member, Janell Dresang.
Nancy McKenney thanked the Committee on Aging for their time and thoughtful comments on Building a Healthier Community in April. She noted that she will be working in partnership with the adjacent communities on planning and requested continued advisory capacity from the COA during the planning process.
- F. REPORT OF DEPT HEADS/STAFF/CONSULTANTS
Senior Center: Jean Wollerman noted additional blinds need replacing. Some need to be room darkening for activities like yoga, movies, and to remove glare during meals. She reported that the FNB provided financial fitness training which had 6-8 people in attendance. She described Nordic training that she attended. This requires: participant training (45 minutes) and supplies – Nordic sticks for walking. It provides a better cardio work out, with balance and stability, less strain on hips and knees.
She noted the spring banquet would be held Friday at 12:30 and requested assistance serving. Several COA members volunteered to assist. There will be a brat fry on June 16 and 17th. The voting bake sale was successful.
Neenah Committee on Aging: no report
Public Health: The Wellness Lab will be held on May 17th. The Walking Club is meeting 2 times per month. Loretta Kjemhus, Public Health Dental Hygienist is scheduled to provide an oral health care presentation at the Senior Center. UW Extension is providing a nutrition series. Weight of the Fox Valley is sponsoring Passport to Active Living (promoting recreation on trails). This starts in June and will last 8 weeks. It would be great to have Senior Center participation.
August 11th is the Corny Community Walk. This walk is in the early evening for everyone, with food served. Could the Committee on Aging help with registration? The Senior Center could also sponsor a walking group. There are many active community partners including the Police Department, Fire Department, Park and Rec Department, Farmers Market, Walgreens and others. Fox Valley Memory is based at the Thompson Center. John and Sue McFadden were recently interviewed on radio discussing the project. The purple angel project was described.
- G. HELD OVER BUSINESS
Mission Vision and Goals: Jean Wollerman will revise the mission, vision, and goals with the Community Health Assessment (physical activity and nutrition incorporated).
Safety Manual: Held over to the next meeting
Cost Study: Held over to the next meeting.
- H. ADJOURNMENT:
Brenda Marks moved to adjourn the meeting, seconded by Janell Dresang. Motion passed.
Joyce Klundt adjourned the meeting at 9:10 am.
The next meeting will be held on June 9, 2016 at 7:45 a.m. at the Senior Center, 116 Main Street, Menasha.